



### **Addressing Cancer with Organic Vegan Foods & Green Lifestyle**

I put this information together for a friend who asked me if I knew of a diet to arrest cancer growth. Thankfully, there are definitely some things you can do and eat to help stop and reverse cancer growth! I have included links to selected files in the eLibrary with healing food and lifestyle information; highlights are below. I will update with more info as I have it! I am happy to talk about all this in more detail with anyone who is interested; it is certainly a very relevant topic in today's health environment!

- The yoga and meditation practices taught by the Isha Foundation ([www.ishafoundation.org](http://www.ishafoundation.org)) boost the overall immune system so that the body can heal more rapidly using its own natural supports.
- Sprouted beans, especially mung beans, are very good for your health as they are alive when eaten (the bean seed has been activated that makes it grow). See instructions for info on how to do this.
- Turmeric root (orange bitter spice used to make Indian curry) is very powerful for fighting cancer. It is good with cooked organic potatoes or rice, sesame/coconut/olive oil, cumin seed, sea salt. [www.ishafoundation.org/blog/yoga-meditation/demystifying-yoga/health-benefits-of-turmeric/](http://www.ishafoundation.org/blog/yoga-meditation/demystifying-yoga/health-benefits-of-turmeric/)
- Supplements of organic neem leaf have also been shown to be very good for breaking up cancer cell growth. I like the Organic India brand capsules best as they have no fillers and are very potent.
- There are rejuvenation programs that can also be tremendously helpful with this - this one is with the organization that I learned yoga & meditation from, the Isha Foundation. This center is a very powerful healing place! [www.ishafoundation.org/Inner-Transformation/isha-rejuvenation.isa](http://www.ishafoundation.org/Inner-Transformation/isha-rejuvenation.isa)
- Organic brightly colored fruits and veggies are also quite good! Look for organic berries, apples, dark grapes, citrus especially lemon, spinach, carrots, avocados, tomatoes, etc.
- "Kitchari" (means "mixture" in Hindi) is made from mung beans and rice/potatoes and a delicious blend of spices. This is a dish that is served daily at many Ayurvedic healing centers in India, is very easy to digest and good for healing the body. I make mine very simply, so don't feel you have to follow exact recipe here. Main thing I use is mung beans, rice/potatoes, turmeric, cumin seed, oil, sea salt. Sometimes I add fresh organic ginger root or cilantro in at the end of cooking as well.



- Organic Banana Therapy is a good one, as it is fun and easy to make! I have heard that eating quite ripe bananas (when they are speckled brown) helps with dissolving tumors. Add raw organic sunflower seeds or other favorite nuts/seeds and sea salt for a delicious and energizing snack/meal!
- The information about water filtration, clothing & bedding, and making your own cleaners is also very important to eliminate environmental toxins from the person's home and work environment. There is plenty of evidence about the harmful effects of chemicals on the body and health; these products give you an alternative to help you to avoid some of the toxins found in mainstream home products.

Here are some additional articles that are helpful for different healthy food ideas and other suggestions that would help to supercharge the body's immune systems.

#### Organic Banana Therapy

[https://drive.google.com/drive/#folders/0B3nwdjb-J0\\_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0\\_yajlhaUhnbc4bjg](https://drive.google.com/drive/#folders/0B3nwdjb-J0_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0_yajlhaUhnbc4bjg)

#### Organic Mung Beans & Rice / Potatoes "Kitchari"

[https://drive.google.com/drive/#folders/0B3nwdjb-J0\\_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0\\_yV3UwMGtuNGxkRjQ](https://drive.google.com/drive/#folders/0B3nwdjb-J0_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0_yV3UwMGtuNGxkRjQ)

#### Sprouted Bean Recipes

[https://drive.google.com/drive/#folders/0B3nwdjb-J0\\_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0\\_yX3RwYjVPZ0FqVzg](https://drive.google.com/drive/#folders/0B3nwdjb-J0_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0_yX3RwYjVPZ0FqVzg)

#### Instant Organic Chia Seed Pudding (think Tapioca!)

[https://docs.google.com/document/d/1ErjLpxZdrAsrpYhN8wtEhUJ6Aa4\\_1f2ymfOwNE0DmG4/edit](https://docs.google.com/document/d/1ErjLpxZdrAsrpYhN8wtEhUJ6Aa4_1f2ymfOwNE0DmG4/edit)

#### Organic Skin Care and Immune System Boosters

<https://docs.google.com/document/d/1Y0DsO3rzNIXzTG95k5CuqtOPjkkwnDpCW5BFPQ5YxqE/edit?usp=drivesdk>

#### Chlorine Water Filtration

[https://drive.google.com/drive/#folders/0B3nwdjb-J0\\_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0\\_yV3UwMGtuNGxkRjQ](https://drive.google.com/drive/#folders/0B3nwdjb-J0_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0_yV3UwMGtuNGxkRjQ)

#### Organic Cotton Clothing & Bedding

[https://drive.google.com/drive/#folders/0B3nwdjb-J0\\_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0\\_yV3UwMGtuNGxkRjQ](https://drive.google.com/drive/#folders/0B3nwdjb-J0_yTIRjX1Z5Z0g4NWs/0B3nwdjb-J0_yV3UwMGtuNGxkRjQ)

#### Make your Own Organic Home Cleaners



[https://docs.google.com/document/d/1m5rBiC3G2POI-uXdPmyloFhI4Ef8w2KMXwqk3vY\\_O30/edit?usp=drive\\_web](https://docs.google.com/document/d/1m5rBiC3G2POI-uXdPmyloFhI4Ef8w2KMXwqk3vY_O30/edit?usp=drive_web)

Let me know if you would like to talk more on all of this in more detail,  
happy to do so!

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